



Warm Curried Spinach Salad with Sea Bass

A delicious recipe using your favourite fresh fish and products from the Dundarave Fish Market!

Serves: 2 people

Ready in: 60 minutes

Ingredients

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2 6 oz sea bass fillets
½ cup "Panko" crumbs
 salt and pepper

Spinach Salad

¼ cup olive oil
¼ cup chopped white or green onion
1½ cup diced green apples
2 tbsp "Peachy Mango" chutney
1½ tsp curry powder
2 tsp sugar
1 tsp dry mustard
¼ cup vinegar
1 10oz bag fresh spinach

Instructions

1. SEA BASS: Rinse sea bass fillets and pat dry. Season with salt and pepper. Place "Panko" crumbs in shallow bowl. Turn fillets in crumbs to coat evenly on all sides. Heat oil in skillet over medium heat. When oil is hot, add fillets. Cook until brown, 3 to 4 minutes. Turn and cook until fish is opaque and flakes evenly

with fork, 3 to 4 more minutes, depending on thickness of fillets.
Drain on paper towels for 1 minute.

2. **SPINACH SALAD:** Heat oil in large skillet over medium. Add onion and sauté 1 minute. Add apples and raisins and sauté 2 minutes. Add chutney, curry powder, sugar, salt, mustard and vinegar and sauté 1 minute. Add spinach and toss until spinach is coated but not wilted, about 30 seconds. (If not serving immediately, remove dressing from heat and set aside. Do not add spinach. When ready to serve, reheat dressing until bubbling and add spinach.)